## WHAT IS CLAIMED IS:

1. A recording apparatus for storing a motion picture having image data, said recording apparatus comprising:

a recording unit including an image storage area portion and an index area portion;

an image writing unit which sequentially writes the image data of the motion picture into the image storage area portion of the recording unit;

an address writing unit which writes an address for addressing a first image data of the motion picture into the index area portion of the recording unit as a start address of the motion picture; and

a memory in which an address for addressing a last image data which has been stored into the image storage area portion of the recording unit is stored.

- 2. The recording apparatus according to claim 1, wherein, each time the image writing unit has written the image data into the image storage area portion, the address writing unit rewrites an address of the newly stored image data over the address presently stored in the memory.
- 3. The recording apparatus according to claim 1, wherein the address writing unit rewrites the address each time the image data of one frame has been stored in the image storage area portion.
- 4. The recording apparatus according to claim 1, wherein flag data which indicates whether an end address for addressing the last image data of the motion picture is written or not into the index area portion is stored in the memory.
- 5. The recording apparatus according to claim 4, further comprising:

an index confirming unit which checks, based on the flag data, whether the end address for addressing the last image data of the motion picture is written or not into the index area portion.

- 6. The recording apparatus according to claim 5, wherein, upon turning on the recording unit after the recording unit is turned off once, the index confirming unit checks whether the end address is written or not into the index area portion.
- 7. The recording apparatus according to claim 5, wherein, if the index confirming unit confirms that the end address is not written in the index area portion, the address writing unit writes the address thus stored in the memory as the end address into the index area portion.
- 9. The recording apparatus according to claim 1, wherein the recording unit stores flag data which indicates whether an end address for addressing the last image data of the motion picture is written or not into the index area portion.
- 10. The recording apparatus according to claim 8, wherein the index area portion has an area where the end address of the motion picture is stored, and the recording unit stores the flag data into the area of the index area portion.
- 10. The recording apparatus according to claim 8, further comprising:

an index confirming unit which checks, based on the flag data, whether the end address for addressing the last image data of the motion picture is written or not into the index area portion.

11. The recording apparatus according to claim 10, wherein, upon turning on the recording unit after the recording unit is once turned off, the index confirming unit checks whether the end address

is written or not into the index area portion.

- 12. The recording apparatus according to claim 10, wherein, if the index confirming unit confirms that the end address is not written in the index area portion, the address writing unit writes the address thus stored in the memory as the end address into the index area portion.
- 13. A method for recording a motion picture comprising:

sequentially writing image data of the motion picture into an image storage area portion of a recording unit;

writing an address for addressing a first image data of the motion picture into an index area portion of the recording unit as a start address of the motion picture; and

storing in a memory, an address for addressing a last image data which has been stored into the image storage area portion of the recording unit.

- 14. The method according to claim 13, wherein storing in the memory includes, each time the image data has been written into the image storage area portion, rewriting an address of the newly stored image data over the address presently stored in the memory.
- 15. The method according to claim 14, wherein the address rewriting includes rewriting the address each time the image data of one frame has been stored in the image storage area portion.
- 16. The method according to claim 13, further comprising:

storing in the memory, flag data which indicates whether an end address for addressing the last image data of the motion picture is written or not into the index area portion.

17. The method according to claim 16, further comprising: checking, based on the flag data, whether the end address

for addressing the last image data of the motion picture is written or not into the index area portion.

- 18. The method according to claim 17, wherein the checking includes checking, upon turning on the recording unit after the recording unit is turned off once, whether the end address is written or not into the index area portion.
- 19. The method according to claim 18, wherein the checking includes writing into the index area portion, if it is confirmed that the end address is not written in the index area portion, the address thus stored in the memory as the end address.
- 20. The method according to claim 13, further comprising:
  storing into the index area portion, flag data which
  indicates whether an end address for addressing the last image
  data of the motion picture is written or not.
- 21. The method according to claim 20, wherein the flag data is stored into an area of the index area portion where the end address of the motion picture is stored.
- 22. The method according to claim 20, further comprising:

  checking, based on the flag data, whether the end address
  for addressing the last image data of the motion picture is written
  or not into the index area portion.
- 23. The method according to claim 22, wherein the checking includes checking, upon turning on the recording unit after the recording unit is turned off once, whether the end address is written or not into the index area portion.
- 24. The method according to claim 22, further comprising: writing, if the end address in the index area portion is

confirmed as not written, the address thus stored in the memory as the end address into the index area portion.